**Mondays**

T’ai Chi

10:00am—11am, £2 per person

Our T’ai Chi lessons will teach you how to improve your balance and general psychological health. All abilities welcome, including complete beginners.

Bingo

7pm—9pm, 50p entry charge per person.

Our group meets for a social evening of bingo, tea, and chat. Newcomers are always welcome.

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**Tuesdays**

Zumba Gold

1;30-2:30pm, £5 per person\*

Zumba® involves dance and aerobic movements performed to energetic music. The choreography incorporates hip-hop, soca, samba, salsa, merengue and mambo. Squats and lunges are also included.

Yoga Group

6pm—7pm, £6 per person

Yoga is a system of physical exercise and a calming means of escapism from the chaotic world, but it can be so much more. Whatever your ability or experience, enhance your life by coming along to our adult yoga class taught by the very experienced Louisa Craig. (Not during school holidays)

**Wednesdays**

Torry Toddlers (new day and time)

10am—12:00pm, £1 per child.

Come and have fun with your kids! Lots of games to play and toys to play with. A really great way to meet new people and make new friends!

Pathways

1:00pm—4pm, No need to book!

Looking for work? Pathways has a team of key-workers covering Aberdeen city, so there is someone to help you. Support given is one-to-one, private, and completely confidential. They can help you with: identifying the job you want; developing a plan to reach your job goal; developing or updating your CV; completing application forms, including on-line applications; preparing for interviews; accessing funds to remove barriers to work (e.g., training or equipment); looking for job or training opportunities.

Lead Scotland

1-2pm

The digital world can be daunting!! We’re here to help you about how to get going and using new technology in a safe and practical way. Call in for an informal chat

Dancercise

7-8pm

Great fun, and an active way to enjoy yourself and keep fit too, led by the dynamic Anna Maria to music and lights to set the scene for each dance

**Thursday**

RGU Outreach in the Community

9:30-11:30

Movement Matters. Physio led advice and exercise. Come for a class or a chat. Drop in at 9:30am, or Exercise classes from 10:30am. All ages and abilities welcome.

Thursdays

Pathways

1pm—4pm, Free, no need to book!

Looking for work? Pathways has a team of key-workers covering Aberdeen city, so there is someone to help you. Support given is one-to-one, private, and completely confidential. They can help you with: identifying the job you want; developing a plan to reach your job goal; developing or updating your CV; completing application forms, including on-line applications; preparing for interviews; accessing funds to remove barriers to work (e.g., training or equipment); looking for job or training opportunities.

The Foyer

1-3:30pm

Aberdeen Foyer Development Coach, Cath Munro, aims to help if you have experienced challenges in your life. Cath will help you to identify your skills, abilities and potential and will work with you on a one-to-one basis to identify goals and through accredited learning, help you to make the most of now and planning for the future.

Cath will be in Old Torry Community Centre on a Thursday afternoon from 1pm – 4pm.

For further information, call Cath on 07971 730620 or check out the Aberdeen Foyer website for all the services on offer at [www.aberdeenfoyer.com](http://www.aberdeenfoyer.com)

Trussell Trust Food Bank

1-3pm

Here every week and working with Pathways, the Foyer and the Old Torry Community Centre to help folk in times of need

Line Dancing

6pm—7pm, £2 per person

Well established group of enthusiastic dancers. New recruits always welcome!

**Fridays**

Zumba Gold

9:30-10:30am, £5 per person\*

Zumba® involves dance and aerobic movements performed to energetic music. The choreography incorporates hip-hop, soca, samba, salsa, merengue and mambo. Squats and lunges are also included.

**Saturday**

Zumba Gold

9:30-10:30am , £5 per person\*

Zumba® involves dance and aerobic movements performed to energetic music. The choreography incorporates hip-hop, soca, samba, salsa, merengue and mambo. Squats and lunges are also included.